



Position – 1st Team Sport Scientist

Location – Livingston FC

Term – Fixed Term covering for our Sports Scientist who has ruptured his Achilles. There may be further opportunities within Livingston FC's academy long term.

Part-time (20 hours per week Mon/Tues/Sat)

Reporting to Head of Medical / 1st Team Manager.

Role

To assist in a programme of Sport Science services to 1st team players. The applicant must be highly motivated and passionate, using the latest Sport Science techniques to develop footballers. In addition, we are seeking someone that can develop good working relationships with medical staff, coaches and players.

Key Responsibilities

- Delivery of on pitch warmups for training and matches
- Delivery and design of gym-based training sessions
- Guide players on nutritional requirements and design nutritional plans
- Lead players on hydrotherapy for training and games
- Make sure the players have adequate Hydration / nutrition strategies for training and games
- Anthropometric assessments
- Data analysis (GPS, workload management)
- Liaise with medical staff to player status, wellbeing, and rehabilitation

Personal Skills

- Excellent information technology skills (Microsoft Office Competent)
- Critical thinking and analytical mindset
- Conscientious and committed to attention to detail
- Strong character able to operate within a high-pressure working environment
- Stays updated with current best practice within Sport Science

Essential Requirements

- Undergraduate Degree in Sport Science (or related discipline)
- Full UK driving license

Desirable Requirements

- Previous experience of providing Sport Science support to athletic populations, preferably within Elite level football
- UKSCA Accreditation
- Master's Degree in Sport Science (or related discipline)

Interested parties please contact the head of medical Andrew Mackenzie on:
andrew@livingstonfc.co.uk